

FEELING SAFE – ALL RIVER NILE SCHOOL STUDENTS

(Child Safe Standard 7)

Ratification Date: Prepared & approved by RNS Principal in 2018. Reviewed by RNS Principal in 2019, 2020 and 2021	Next Review: Annually	Availability: <table><tr><td>Web</td><td>X</td></tr><tr><td>Office</td><td>X</td></tr><tr><td>On Request</td><td>X</td></tr></table>	Web	X	Office	X	On Request	X	Actions: Raise awareness each year. Make available to all students.
Web	X								
Office	X								
On Request	X								

Everyone has a right to feel safe and be protected. Below is information about what to do if someone is hurting you or your friends or making you feel unsafe or uncomfortable.

WHAT ARE YOUR RIGHTS?

- Everyone has the right to feel safe and be protected.
- No one is allowed to threaten you, hurt you or touch you in a way that makes you feel uncomfortable.
- No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

HOW DO I KNOW IF SOMETHING IS WRONG?

- Every relationship should be respectful.
- It is wrong for anyone to hurt you or make you feel unsafe, uncomfortable or afraid.
- Remember a person doesn't have to physically hurt or touch you to be doing the wrong thing.
- Even if you are not sure, if something doesn't feel right you should tell an adult who can help you.

WHAT SHOULD I DO IF I FEEL UNSAFE?

- Tell an adult – telling someone won't get you in trouble.
- If you feel threatened, unsafe, or if you feel uncomfortable about how someone is touching you, talking to you, or treating you, you should tell a trusted adult.
- You can tell a teacher or any staff member at your school. They will be able to help you.
- You can also tell a family member or adult you trust – such as a doctor or counsellor.
- Even if the person who is making you feel like this has asked you not to tell anyone, you should still talk to an adult. It is more important that you are safe and protected.

WHAT SHOULD I DO IF I AM WORRIED THAT SOMEONE I KNOW IS UNSAFE?

- Tell an adult you trust.
 - You can tell a teacher or any staff member at your school.
 - You can also tell a family member or adult that you trust.
- They will be able to help your friend or the person you are worried about.
- Even if the person who you are worried about has asked you not to tell anyone, you should still talk to an adult. It is more important to make sure that your friend is safe and protected.

WHAT WILL HAPPEN IF I TELL STAFF AT SCHOOL I FEEL UNSAFE, OR THINK MY FRIEND IS UNSAFE?

- Teachers and staff at your school must listen to your concerns and help.
- In some cases, the teachers or staff at school may need to tell another adult about your concerns so that you, or the person you know can be protected.
- Teachers and staff at your school can provide you with support and make sure that you don't have to deal with this alone.

WHAT IF I DON'T FEEL LIKE I CAN TALK TO ANYONE AT MY SCHOOL?

- You can talk to a parent, carer or another adult within your family, for example an Aunty or Cousin.
- If you don't feel like you can talk to any of these adults, try to find other people or organisations who can help.

OTHER PEOPLE OR ORGANISATIONS WHO CAN HELP YOU. HERE ARE SOME OTHER SUGGESTIONS:

- eHeadspace online **www.eheadspace.org.au** or telephone **1800 650 850** for support from 9 am – 1 am
- Call or visit your local police station or call **000**
- Lifeline telephone **13 11 14** – for crisis support 24 hours a day
- Safe Steps telephone **1800 015 188** – for Family Violence Response 24 hours a day
- Beyond Blue **1300 22 4636** – for support 24 hours a day